

Fred H. Siegel, M.D. P.C.  
Plastic and Reconstructive Surgery

Liposuction Instructions:

**GENERAL INSTRUCTIONS:**

1. No alcoholic beverages for 24 hours.
2. No driving, operating equipment or machinery for 24 hours.
3. Do not sign any important documents for 24 hours
4. Do not stay alone. You will be sleepy and need a responsible person with you for 24 hours
5. Rest at home for 24 hours
6. Start with clear liquids and advance your Dr's ordered diet; for example after liquids, try soup and cracker, then a regular diet for supper.
7. Do not take pain medication or antibiotics on an empty stomach. Eat something like crackers before taking medications.
8. Take \_\_\_\_\_ for pain.

**SPECIAL INSTRUCTIONS:**

1. It is normal to have fluid escape through incisions. If this happens you will experience blood tinged areas on your garment. You can add gauze to the incision site.
2. It will be necessary for you to wear the girdle-like garment for 24 hours a day for 1 week, then during the day for 1 to 2 weeks.
3. The garment should not be removed for the first 24 hours.
4. After 24 hours, the garment may be removed to shower only. Apply neosporin or bacitracin ointment on stitches and change bandaids twice daily.
5. Swelling and bruising may be extensive. This is normal, and will gradually subside.
6. Numbness is not uncommon in the suctioned area. You are advised to avoid excessive heat, such as heating pads, until normal sensation returns.
7. The final results may not be fully appreciated for 6 months.

**PLEASE REMEMBER:**

A certain amount of nausea and occasional vomiting is normal. If it persists notify Dr. Siegel  
Approximately once a hour, take a deep breath, hold it for a second, then blow it all the way out  
Watch for heavy or prolonged bleeding. If present notify Dr. Siegel  
Watch for signs of infection; fever, increased pain, foul drainage. If present notify Dr. Siegel

**POST-OPERATIVE PHONE CALL:**

Dr. Siegel will call you in the evening after your surgery. A representative from Dr. Siegel's office will also call you the day after your surgery. Do not be alarmed. This is a routine call to see how you are doing at home.

**Dr. Siegel can be reached 24 hours a day by calling  
(757) 547-2115**

You are to see Dr. Siegel \_\_\_\_\_

**Care of Surgical Area Instructions:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Post-Op Call:**

\_\_\_\_\_  
\_\_\_\_\_

Date/Time

Patient/Caregiver

Date

Discharge Nurse